CLAIMS:

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1. An extruded thermoplastic polymer foam comprising a polymer composition, wherein at least 70 weight-percent of the polymer composition is one or more alkenyl aromatic polymer that contains less than 20 wt% covalently bonded halogens based on alkenyl-aromatic polymer weight and that has a polydispersity of less than 2.5 and wherein both the polymer composition and the one or more alkenyl aromatic polymer have a water solubility greater than 0.09 moles per kilogram (mol/kg) and 2.2 mol/kg or less at conditions of 130 degrees Celsius and 101 kilopascals pressure; the thermoplastic polymer foam characterized by having:

- (a) a density of 64 kilograms per cubic meter or less;
- (b) a thermal conductivity according to ASTM method C518-04 of 32 milliWatt per meter-Kelvin or less after at least 180 days aging;
- (c) one or more primary surface and a width, wherein 98% or more of any 200 square-centimeter portion of any primary surface of the foam that is centered on the foam's primary surface and extending to 80% of the foam's width free of defects;
- (d) less than 30% open cell content according to ASTM method D6226-05; and
- (e) a chlorine-free fluorinated blowing agent present at a concentration of 0.4 moles or more per kilogram of extruded thermoplastic polymer foam.
- 2. The foam of Claim 1, wherein the foam is free of chlorinated blowing agents.
- 3. The foam of Claim 1, wherein the alkenyl-aromatic polymer includes a styrene-acrylonitrile copolymer and, optionally, another alkenyl-aromatic polymer or copolymer.

4. The foam of Claim 1, wherein the alkenyl-aromatic polymer consists of a blend of one or more styrene-acrylonitrile copolymer and polystyrene.

- 5. The foam of Claim 1, wherein the chlorine-free fluorinated blowing agent comprises one or more blowing agent selected from 1,1,1,2-tetrafluoroethane and 1,1-difluoroethane.
 - 6. The foam of Claim 1, wherein the chlorine-free fluorinated blowing agent is one or more blowing agent selected from 1,1,1,2-tetrafluoroethane and 1,1-difluoroethane.
 - 7. The foam of Claim 1, wherein the chlorine-free fluorinated blowing agent is present at a concentration of 0.4 moles or more per kilogram of foam.
- 8. The foam of Claim 1, further comprising an additive selected from a group consisting of insoluble lubricants and nucleating agents having an affinity for ions.
 - 9. The foam of claim 8, wherein the additive is selected from a group consisting of talc, oxidized polyethylene and boron nitride.
 - 10. The foam of Claim 1, wherein the polymer composition has a polydispersity of less than 2.5.
 - 11. A process for preparing extruded thermoplastic polymer foam comprising:
 - (a) providing a foamable polymer composition in an extruder, the foamable polymer composition comprising:
 - i. a polymer composition, wherein at least 70 weight-percent of the polymer composition is one or more alkenylaromatic polymer that contains less then 20 wt% covalently bonded halogens based on alkenyl-aromatic polymer

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weight and that has a polydispersity of less than 2.5 and wherein both the polymer composition and the one or more non-halogenated alkenyl-aromatic polymer have a water solubility greater than 0.09 moles per kilogram (mol/kg) and 2.2 mol/kg or less at conditions of 130 degrees Celsius and 101 kilopascals pressure; ; and

ii. 0.9-2 mol/kg of a blowing agent composition containing:

- one or more chlorine-free fluorinated blowing agent at a concentration of 0.4 mol/kg or more;
- 2. water at a concentration of at least 0.15 mol/kg and up to the water solubility of the polymer composition or the balance of blowing agent beyond chlorine-free fluorinated blowing agent, whichever is less; and
- 3. one or more additional halogenfree blowing agent other than water accounting for any remaining blowing agent concentration;

wherein mol/kg values are moles per kilogram of alkenyl-aromatic polymer; and

(b) expanding the foamable polymer composition into a thermoplastic polymer foam having at least one primary surface, a density of 64 kilograms per cubic meter or less, a thermal conductivity of 32 milliWatt per meter-Kelvin or less after at least 180 days aging

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20. The process of Claim 19, wherein the additional additive is selected from a group consisting of talc, oxidized polyethylene and boron nitride.

- 21. The process of Claim 11, wherein the polymer 5 composition has a polydispersity of less than 2.5.
 - 22. A process for using the polymer foam of Claim 1 comprising a step of placing the polymer foam between two areas.